



UCCOOK

Butter Chicken Mince Curry

with fresh coriander, naan bread, & fluffy rice

Nothing quite satisfies the taste buds like a flavourful butter chicken curry. Sided with rice and a refreshing sambal. Now go on, hurry and start the curry!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Morgan Otten

Quick & Easy

Bertha Wines | Bertha Shiraz

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
75g	Diced Onion
150g	Free-range Chicken Mince
1	Garlic Clove <i>peel & grate</i>
5ml	Ground Ginger
20ml	Butter Chicken Spice <i>(10ml NOMU Indian Rub, 2,5ml Ground Turmeric, 5ml Ground Coriander & 2,5ml Cumin Seeds)</i>
100ml	Tomato Passata
100ml	Fresh Cream
1	Naan Bread
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CREAMY BUTTER SAUCE Place a pot over medium heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the diced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until lightly golden, 1-2 minutes (shifting occasionally). Add the grated garlic, the ground ginger, and the butter chicken spice. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cream, and 50ml of water. Bring to a simmer and cook until thickened, 8-10 minutes (stirring occasionally). Loosen with a splash of water if necessary. Add a sweetener (to taste) and season.

3. SOMEBODY SAY SAMBAL? Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side. In a small bowl, combine the diced tomatoes, $\frac{1}{2}$ the chopped coriander, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

4. WARM UP THE BELLY Make a bed of the rice and top with the creamy butter chicken mince. Side with the naan bread, the sambal, and garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	720kj
Energy	172kcal
Protein	6.6g
Carbs	20g
of which sugars	2.4g
Fibre	1.4g
Fat	7.2g
of which saturated	3.5g
Sodium	148mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
1 Day